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Cookery Course

譚銳佳講義

by THAM YUI KAI

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譚銳佳講義
第五期

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這是作者在「麗的呼聲」作烹調講座廣播時之神態，此節目贏得廣大聽眾的好評。

Photo shows the author broadcasting a cookery programme at the Singapore Rediffusion Studio. This programme is very popular with the general public.

砵酒雞翼球

用料：

雞翼十二只，約一斤半重左右，青瓜一條，蕃茄一個，雞蛋一只，砵酒 (DRY SHERRY) 兩湯羹。

製法：

先將雞翼用刀將大骨起出，然後每只再斬開兩件，全部斬好用小盤一只裝載，然後加放幼食鹽一茶匙半，蜂巢味素半茶匙，幼白糖一茶匙，砵酒一湯羹，跟着將雞蛋一只打開放下，然後用手一齊撈勻，最後加放粟粉三湯羹，蛋璜粉（即吉士粉）一湯羹，再撈勻醃約二十分鐘左右，使其入味。

青瓜，蕃茄，將牠改花切片圍伴碟邊用。

獻汁份量：

湯或清水七湯羹，加放幼食鹽半茶匙，蜂巢味素半茶匙，幼白糖一湯羹，噏汁一湯羹，A1 梳士半湯羹，麻油半茶匙，晒抽半茶匙，砵酒一湯羹，粟粉半湯羹，一齊將牠攪勻候用。

炸煮的方法：

首先將醃好之雞翼全部黏上適量茨粉，跟着將用鑊一只洗淨燒熱，然後加放油約六飯碗左右，將油燒至滾，跟着便將黏好茨粉的雞翼全部或數次，放下油鑊裏將牠炸五分鐘左右，炸好將牠撈起，將油倒回油盤裏，約剩回兩湯羹左右，然後便將調好的獻汁攪勻放下，隨攪隨用鐵壳推勻，使牠再滾，然後便將炸好的雞翼再放下鑊裏一齊兜勻，跟着兜起用有青瓜蕃茄圍邊的碟裝載即成。

FRIED CHICKEN-LIMBS IN DRY SHERRY SAUCE

Materials:

Chicken-limbs — 12 (about 1½ kati), Cucumber — 1,
Tomato — 1, Egg — 1,
Dry Sherry — 2 tablespoons.

Preparation:

Remove the main bones from the chicken limbs and cut each of them into halves. Put all the well-cut limbs in a bowl, add in fine salt 1½ teaspoons, Vesop ½ teaspoon, fine sugar 1 teaspoon, Dry Sherry 1 tablespoon and break in the egg. Knead thoroughly. Lastly add in cornflour 3 tablespoons and Custard Powder 1 tablespoon. Knead again and season the chicken-limbs for about 20 minutes.

Cut the cucumber and the tomato into designed slices for garnishment.

Gravy Sauce:

Using 7 tablespoons of stock or fresh water in a container, add in fine salt ½ teaspoon, Vesop ½ teaspoon, fine sugar 1 tablespoon, Lea & Perrin sauce 1 tablespoon, A1 sauce ½ tablespoon, sesame oil ½ teaspoon, black soya sauce ½ teaspoon, Dry Sherry 1 tablepoon, cornflour ½ tablespoon and stir thoroughly for use.

Method of frying and cooking:

First coat the well-seasoned chicken-limbs with suitable amount of starch flour. Clean and heat the frying-pan, pour in about 6 rice-bowls of oil and boil it. Then put in the chicken-limbs to fry for about 5 minutes and remove.

Pour back the oil to the container leaving only 2 tablespoons and pour in the well-stirred gravy sauce. Stir during adding. When it boils, put in the well-fried chicken-limbs and stir evenly. After that transfer all with sauce to the plate garnished with cucumber and tomato to serve.

三鮮燴芥菜

用 料：

大芥菜二斤，拆好蟹肉二兩，淨蝦肉二兩，淨魚肉二兩，葫蘿蔔刨淨計約一兩，雞蛋一只，梘砂兩茶匙半，上湯三飯碗，重約卅安士。

製 法：

大芥菜二斤，將老葉及老梗不要，祇要嫩的逐塊撕開，用刀將菜葉切去，把菜梗切成小塊，全部改切好後，隨將鑊洗淨，加放清水七飯碗，重約七十安士，滾後將兩茶匙半梘砂放落鑊內，再把芥菜放落去，滾約六分至七分，夠燴為合，隨撈起漂凍，把梘砂味漂淨，淨蝦肉二兩，剖開兩邊，洗淨候用，淨魚肉二兩，切成小片，葫蘿蔔一兩，改花切片候用。

味 湯：

上湯三飯碗，加放幼食鹽四茶匙，蜂巢味素一茶匙，幼白糖一茶匙，麻油一茶匙，胡椒粉少許，將牠攪勻，便成味湯。

獻 粉：

粟粉一湯羹半，加清水一湯羹，攪勻成為獻粉候用。

燴的方法：

把鑊洗淨，將調好的味湯攪勻，放兩飯碗度量落鑊，煮滾時，將漂淨的芥菜，全部放落鑊裏，滾約兩三分鐘，撈起盛着，鑊裏的湯水倒去，繼將鑊燒熱，加放油一湯羹半，隨將切好葫蘿蔔與蝦肉，落鑊炒香，跟着將剩餘的一飯碗味湯，加放鑊裏，略滾將切好魚片，及拆好蟹肉，加放鑊裏，並將開好獻粉攪勻，隨少放落鑊裏，用鐵壳推勻，雞蛋一只打開攪爛，放一半下去，推勻後把芥菜滲放下去，一齊兜勻，跟着兜起用碟裝載即成。

DELICIOUSLY FRIED MUSTARD GREEN

Materials:

Mustard green — 2 kati,	Crab-meat — 2 tah.,
Prawns-meat — 2 tah.,	Fish-meat — 2 tah.,
Red carrot (scraped) — 1 tah.,	Egg — 1,
Alkaline crystals — 2½ teaspoons,	Stock — 3 rice-bowls (about 30 ozs.)

Preparation:

Select only the green leaves of the mustard green. Cut off the leaves and cut the leaf-veins into small pieces. Clean the frying-pan, pour in about 7 rice-bowls of fresh water (about 70 ozs.) When it boils, put in the alkaline crystals and put in the well-prepared mustard green to boil for 6 to 7 minutes until it is cooked and remove. Rinse it with fresh water to get rid of the alkaline smell.

Cut each of the scaled prawns into halves for use.

Cut the fish-meat into small slices and the red carrot into lacy slices.

Gravy Sauce:

With 3 rice-bowls of stock add in fine salt 4 teaspoons, Vesop 1 teaspoon, fine sugar 1 teaspoon, sesame oil 1 teaspoon, a little pepper powder and stir thoroughly into gravy sauce.

Gravy Powder:

Stir well 1½ tablespoons of cornflour with 1 tablespoon of fresh water into gravy powder for use.

Method of finalising the dish:

Clean the frying-pan, stir well the gravy sauce and pour 2 rice-bowls of it in the frying-pan. When it boils, put in the mustard green to boil for 2 to 3 minutes and remove. Pour away the sauce, heat the frying-pan and add in 1½ tablespoons of peanut-oil. Put in the well-prepared red carrot and prawn-meat to fry deliciously. Then pour in the remaining 1 bowl of gravy sauce. When it boils, put in the fish-meat slices and crab-meat. Gradually add in the well-stirred gravy powder. Stir with scoop during adding. Break and beat an egg and pour in half portion of it. Stir well and put in the mustard green. Stir again and transfer all to a plate for service.

五香茨仔角

主要用料：

馬鈴茨（即荷蘭茨）連皮計二斤，淨豬肉三兩，淨蝦肉四兩，叉燒三兩，冬菰四只，洋葱頭一個，紙包裝之青豆約四湯羹，汀麵粉五湯羹。

製作方法：

馬鈴茨二斤，每個將皮刨去，洗淨之後，再用刀將牠切成細件，用篩裝載，跟着整篩放在蒸籠處，隔水蒸約卅分鐘左右，以够熟爲好，蒸好取出，用刀將牠搓爛，淨豬肉，用刀將牠剝成小粒，淨蝦肉，每只開背些少，洗淨後，同樣將牠剝成小粒，叉燒將牠切成小粒，冬菰，先用清水將牠浸軟，然後去蒂，再將牠切成小粒，洋葱頭去衣後，再將牠切成小塊。

調餡之獻汁份量：

湯或清水四湯羹，用碗一只裝載，然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖三茶匙，生抽一茶匙，蠔油兩茶匙，晒抽半茶匙，麻油一茶匙，胡椒粉些少，最後加放粟粉一湯羹，然後將牠一齊攪勻即成獻汁。

調餡之方法：

首先將用鑊洗淨燒熱，然後加放油三湯羹，跟着將切好的洋葱頭塊放在鑊將牠炒香，接着將剝好的豬肉粒和蝦粒，一齊放下去同炒，而切好的冬菰和四湯羹青豆，加放下去，炒到豬肉和蝦肉差不多熟的時候，然後將調好的獻汁，攪勻滲放下去，一齊將牠兜勻，最後將切好的叉燒滲放下去，再將牠兜勻，跟着兜起用盤裝載，即成爲餡，將牠分作四十份。

製皮之方法：

搓好的馬鈴茨（即茨仔茸），以一斤半重計算，然後加放幼食鹽三茶匙，蜂巢味素半茶匙，幼白糖兩湯羹半，五香粉半茶匙，油兩湯羹，跟着用手將牠一齊搓勻，最後將五湯羹汀麵粉滲放下去，再將牠搓勻即成爲皮，在搓的時候，有黏手及黏台，可以洒放些少茨粉下去，搓好將牠分作四十件。

包之方法：

每一件搓好的茨仔茸，用手擦扁些少，跟着包上一份餡，將牠包成角仔形，如果有黏手者，手可以沾上些少茨粉，如是者全部包好，最後用油適量，分次數將牠炸到脆熟就爲之好，而每一次炸的時間，大約兩分半鐘至三分鐘左右即成。

AROMATIC CRISP POTATOE PUFFS

Materials:

Potatoes — 2 kati,
Prawn-meat — 4 tah.,
Mushrooms — 4,
Green peas — 4 tablespoons,

Lean pork — 3 tah.,
Roasted lean pork — 3 tah.,
Big onion — 1,
“Tung Mien” flour — 5 tablespoons.

Preparation:

Peel and clean the potatoes. Cut each of them into small pieces and put the pieces in a bamboo sieve. Place the whole sieve in the steamer to steam for about 30 minutes until cooked. Then remove and smash the pieces. Cut the lean pork into particles. Cut each of the prawns at the back portion, clean and cut them into particles. Also cut the roasted lean pork into particles. Soak the mushrooms in fresh water. Remove all the harsh stems and cut the mushrooms into particles. Scale and cut the big onion into small pieces.

Gravy Sauce:

Measure 4 tablespoons of stock or fresh water in a bowl, add in fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar 3 teaspoons, light soya sauce 1 teaspoon, oyster sauce 2 teaspoons, black soya sauce $\frac{1}{2}$ teaspoon, sesame oil 1 teaspoon, a little pepper powder, cornflour 1 tablespoon and stir thoroughly into gravy sauce.

Preparation of stuffing:

Clean and heat the frying-pan, add in 3 tablespoons of oil and put in the big onion to fry aromatically. Put in the well-prepared lean pork, prawn-meat, mushroom and green peas to fry until lean pork and prawn-meat are just cooked. Then add in the gravy sauce and stir. Lastly add in the roasted lean pork particles. Stir again and transfer all to a plate. Make the stuffing into 40 portions.

Preparation of folder:

Put $1\frac{1}{2}$ kati of the well-prepared potato mash on the table. Add to it fine salt 3 teaspoons, Vesop $\frac{1}{2}$ teaspoon, fine sugar $2\frac{1}{2}$ tablespoons, 5-spice powder $\frac{1}{2}$ teaspoon, oil 2 tablespoons and knead thoroughly. Then add in 5 tablespoons of “Tung Mien” flour and knead again. If it is too sticky, sprinkle some starch flour. Then divide the dough into 40 portions.

Method of folding:

Flatten one portion of the dough, put one portion of stuffing on it and fold it up in the form of puff. If the dough is too sticky, rub the hands with some starch flour. Then fry the well-folded articles with suitable amount of oil in several times until cooked and crisp. The frying period of each time is about $2\frac{1}{2}$ to 3 minutes.

雞絲蟹肉燴生麵

主要用料：

淨雞肉四兩，拆好的蟹肉二兩，冬菇兩只，胡蘿蔔刨淨計約半兩，生蔥三條，蒜頭一小粒，菜心半斤，雞蛋一只，現成造好的生麵三個（每個大約二兩重左右）。

製作方法：

淨雞肉用刀將牠切成絲，然後用碗裝載，跟着加放幼食鹽半茶匙，白糖些少，蔬油半茶匙，胡椒粉些少，粟粉半湯羹，然後用手一齊將牠撈勻，最後再加放花生油細半湯羹，再將牠撈勻，醃牠一息間，使其入味。冬菇先用清水將牠浸軟，然後去蒂，再將牠切成絲，胡蘿蔔全樣將牠切成絲，生蔥，將頭尾些少切去，洗淨後再將牠切成寸度，蒜頭，將牠拍爛去衣，再剝成細粒。菜心，每棵淨要嫩莖，洗淨後用篩裝載。

獻汁之份量：

湯或清水一飯碗，重量大約十安士左右，加放幼食鹽一茶匙，蜂巢味素半茶匙，白糖一茶匙，生抽一茶匙，蠔油兩茶匙，蔬油一茶匙，胡椒粉些少，跟着將牠一齊攪勻即成味汁。

粟粉一湯羹半，另外用碗裝載，跟着加放清水兩湯羹，將牠攪勻即成獻粉。

燴之方法：

用鑊裡加放清水六飯碗，將水燒滾，然後將生麵三個，鬆散些少，全部放落滾水處，用筷子將牠攪散，等麵浮起，然後將牠撈起，再漂清水，即過冷河，跟着再將牠放落滾水處，即刻再將牠撈起盛去水份，然後將牠倒放落另一大碟裝載，加放生抽半湯羹，蔬油一茶匙，油兩湯羹，然後將牠一齊撈勻，洗淨的菜蕮用滾水油適量將牠灼熟，撈起圍伴麵的伴邊，接着再將鑊洗淨燒熱，加放油約五飯碗左右，將油燒到略滾，然後將醃好的雞絲放下油鑊裡將牠炸一息間，即泡嫩油，時間大約半分鐘左右，然後將牠撈起盛去油份，將油倒回，約剩餘三湯羹，然後將剝好的蒜頭和切好的胡蘿蔔，冬菇絲，生蔥等一齊滲放落去，而炸過的雞絲和二兩蟹肉，一齊滲放落去，跟着將調好的味汁滲放落去，等煮到開始滾的時候，然後將開好的獻粉攪勻，隨少滲放落去埋獻，隨放隨用鐵殼推勻，最後將雞蛋一只打開滲放下去再將牠推勻，跟着將牠兜起淋上撈好的生麵面上即成。

NOODLE WITH CHICKEN AND CRAB-MEAT SAUCE

Materials:

Chicken-meat — 4 tah.,

Mushrooms — 2,

Spring onions — 3 sprigs,

Chinese cabbage — $\frac{1}{2}$ kati,

Noodle — 3 (each of about 2 tah. in wt)

Crab-meat — 2 tah.,

Red carrot (scraped) — $\frac{1}{2}$ tah.,

Garlic — 1,

Egg — 1,

Preparation:

Cut the chicken-meat into shreds and put them in a bowl, add in fine salt $\frac{1}{2}$ teaspoon, some sugar, sesame oil $\frac{1}{2}$ teaspoon, a little pepper powder, cornflour $\frac{1}{2}$ tablespoon knead thoroughly, lastly add in peanut-oil $\frac{1}{3}$ tablespoon and knead again, then season it for a while. Soften the mushrooms in fresh water and remove harsh stems from them. Cut the mushrooms into shreds. Cut the red carrot also into shreds. Remove stems and yellow leaves from the spring onion and cut the spring onions into short lengths. Smash the scale the garlic. Cut the garlic into particles. Select and clean the Chinese cabbage for use.

Gravy Sauce:

Measure 1 rice-bowl of stock or fresh water (about 10 ozs.) in a container, add in fine salt 1 teaspoon, Vesop $\frac{1}{2}$ teaspoon, sugar 1 teaspoon, light soya sauce 1 teaspoon, oyster sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and stir well into gravy sauce.

Mix $1\frac{1}{2}$ tablespoons of cornflour with 1 tablespoon of fresh water in a bowl into gravy powder.

Method of finalising the dish:

Pour about 6 rice-bowls of fresh water in the pan and boil it. Put in the 3 noodles. Disperse them with chopsticks. Remove and rinse the noodle with fresh water. Once again put the noodle in the boiling water and immediately remove to drip off the excess water. Place the noodle in a big plate, add in light soya sauce $\frac{1}{2}$ tablespoon, sesame oil 1 teaspoon, oil 2 tablespoons and knead evenly. Boil the clean Chinese cabbage with suitable amount of boiling oily water and use for garnishing. Clean and heat the frying-pan, pour in about 5 rice-bowls of oil and boil it slightly. Put in the seasoned chicken shreds to fry for a while (about half a minute) and remove. Pour the oil back to the container, leaving only 3 tablespoons in the pan and put in the well-prepared garlic, red carrot, mushroom, spring onions, chicken-meat shreds and crab-meat. Then add in the gravy sauce. When it boils, gradually add in the gravy powder. Stir during adding. Lastly break in 1 egg. Stir evenly and water the noodles with the delicious sauce.

油炸童子雞

用料：

肥嫩光童雞兩隻，每隻未割時連毛計約一斤半，生羌刮淨計約一兩半，青瓜一條，蕃茄一個。

製法：

先將光童雞洗淨，將腳斬去，用盤一只裝載候用。

生羌磨爛搗汁，青瓜改花切片，圍伴碟邊用。蕃茄切片，同樣圍伴碟邊。

醃雞之份量：

童雞兩隻，加放幼食鹽三茶匙，蜂巢味素一茶匙，幼白糖兩茶匙，生抽兩湯羹，胡椒粉些少，羌汁一湯羹，茅苔酒一湯羹，清水五湯羹，一齊拌勻，塗勻雞身內外，醃約四五小時使其入透味。

炸之方法：

首先將用鑊洗淨燒熱，然後加放油約七飯碗左右，將油燒至滾，然後便將醃好的雞，兩隻一齊放下油鑊裏，將牠炸約六分鐘至七分鐘左右，以够香熟爲好，同時要使牠現出金黃色爲適合，炸好每隻用刀將牠斬開四件，或六件，用有青瓜蕃茄圍邊的碟裝載即成。

FRIED TENDER CHICKEN

Materials:

2 fat tender chickens (each with feather weighing about $1\frac{1}{2}$ kati),
Ginger (scraped) — $1\frac{1}{2}$ tah., 1 cucumber and 1 tomato.

Preparation:

First clean the tender chickens, chop off the legs and put the chickens in a plate for later use. Grind the ginger and squeeze out the juice. Cut the cucumber and tomato into slices for garnishing the dish.

Method of and the ingredient for seasoning the chickens:

With 2 fat tender chicken add in 3 teaspoons salt, 1 teaspoon Vesop, 2 teaspoons sugar, 2 tablespoons of light soya sauce, some pepper, 1 tablespoon of ginger juice, 1 tablespoon "Mau Tai" wine and 5 tablespoons of water, mix them thoroughly. Use this mixture to rub the external and internal part of the chicken and season the chicken for 4 to 5 hours.

Method of frying:

Clean and heat the frying pan, pour in about 7 rice-bowls of oil and boil it. Then put the two well-seasoned chickens into the boiling oil to fry for about 6 to 7 minutes, till the chickens are golden brown in colour, evaporating delicious smell and cooked. After frying, cut each chicken into 4 or 6 pieces and put them in the plate which is decorated with cucumber and tomato slices.

奶汁燴四寶

主要用料：

罐頭毛菇四兩，罐頭草菇四兩，罐頭露筍四兩，生菜一斤，罐頭鮮奶三湯羹，雞蛋一只，上湯三飯碗，重量約三十安士。

製作方法：

毛菇和草菇，每粒將牠切開兩邊，如果太細就用原粒，露筍，將每棵硬皮撕去，跟着將牠切開兩段，如果太大條，每條再切開兩邊，生菜一每棵淨要葉，洗淨後用篩裝載。

味汁和獻粉之份量：

上湯三飯碗，加放幼食鹽四茶匙，蜂巢味素一茶匙，幼白糖一茶匙，麻油一茶匙，胡椒粉些少，然後將牠一齊攪勻即成味汁。

粟粉一湯羹半，另外用碗裝載，加放清水一湯羹，將牠攪勻即成獻粉。

蛋白水之份量：

雞蛋淨要蛋白一湯羹，加放清水一湯羹，將牠攪勻候用。

餵味和燴之方法：

首先將用鑊洗淨燒熱，然後加放油約一湯羹半，跟着將調好的味汁攪勻，放兩飯碗在鑊裡，等煮到滾，然後將切好的毛菇和草菇、露筍等一齊放落鑊裡，將牠滾一息間，然後全部連汁水將牠兜起用盤仔裝載，將牠浸一息間，使其入味，此種方法稱作餵味。鑊裏再加放清水約三飯碗，油兩湯羹，等燒到滾的時候，將洗淨的生菜全部放在鑊處，將牠灼熟，跟着撈起盛去水份。餵好的毛菇、草菇和露筍同樣將牠倒起盛去水份，接着再將用鑊洗淨燒熱，然後加放油約兩湯羹，跟着將剩餘之一飯碗味汁，加放在鑊處，等煮到略滾，就將調好的獻粉攪勻，隨少隨少加放下去埋獻，隨放隨用將殼推勻，接着將三湯羹鮮奶加放下去，再將牠推勻，而開好的蛋白水跟着滲放下去，再將牠推勻，跟着兜起鑊裏的奶汁一半，用碗裝載，接着將盛乾水份之毛菇、草菇、露筍等，再放在鑊處，用剩餘的奶汁一齊撈勻，接着將牠兜起舖在灼熟的生菜面上，最後將兜起的半飯碗奶汁，再淋放上面即成。

MUSHROOMS AND ASPARAGUS IN MILK SAUCE

Materials:

Canned button mushrooms — 4 tah.,	Canned straw mushrooms — 4 tah.,
Canned asparagus — 4 tah.,	Lettuce — 1 kati,
Canned fresh milk — 3 tablespoons,	Egg — 1,
Stock — 3 rice-bowls (about 30 ozs.)	

Preparation:

Cut each of the button mushrooms and straw mushrooms into halves. (If some are too small, do not cut them.) Tear off the harsh layer of the asparagus and cut each of the asparagus into 2 pieces. (If too big, then cut it further into 2). Select and clean the leaves of the lettuce for use.

Gravy Sauce And Gravy Powder:

With 3 rice-bowls of stock, add in fine salt 4 teaspoons, Vesop 1 teaspoon, fine sugar 1 teaspoon, sesame oil 1 teaspoon and a little pepper powder and stir well into gravy sauce.

Mix 1½ tablespoons of cornflour with 1 tablespoon of fresh water into gravy powder.

Egg-white Fluid:

Abstract 1 tablespoon of egg-white and mix it thoroughly with 1 tablespoon of fresh water into egg-white fluid for use.

Method of finalising the dish:

Clean and heat the frying-pan, and add in 1½ tablespoons of oil. Stir well the gravy sauce and pour in 2 rice-bowls of it to boil. Then put in the well-prepared button mushrooms, straw mushrooms and asparagus to boil for a while. Transfer all with sauce to a small basin to soak for a while. This process is called flavouring.

Pour 3 rice-bowls of fresh water and 2 tablespoons of oil in the frying-pan to boil. Put in the well-prepared lettuce to boil and remove to press out the excess water. Transfer the well-flavoured mushrooms and asparagus to the other container to drip off the excess water.

Again clean and heat the frying-pan and pour in 2 tablespoons of oil. Pour in the remaining 1 rice-bowl of gravy sauce. When it slightly boils, gradually add in the well-stirred gravy powder. Stir during adding. Add in the fresh milk and stir. Pour in the egg-white fluid and stir again. Scoop half quantity of the milk sauce to a bowl. Then put in the well-prepared mushrooms and asparagus and stir thoroughly. Transfer all to the plate placed with the boiled lettuce leaves. Lastly water the dish with the other half rice-bowl of milk sauce and serve.

蠔油叉燒

用料：

淨猪肉一斤半，略帶少許肥，蒜頭三小粒，蔥頭仔三小粒。

製法：

淨猪肉洗淨後，切成粗條，蒜頭和蔥頭仔，原粒去衣，用刀剝至溶爛。

醃法：

切好的猪肉，加放幼食鹽兩茶匙，蜂巢味素一茶匙，幼白糖五湯羹，生抽半湯羹，蠔油一湯羹，晒抽一湯羹，麻油兩茶匙，胡椒粉少許，加清水三湯羹，粟粉兩湯羹，最後將剝好蒜頭，蔥頭仔，滲入撈勻，醃約四、五點鐘左右使其入味。

焗法：

將焗爐火掣開盡，燒約十五分至廿分鐘，使焗爐全部熱透，然後將醃好猪肉一條一條排落鐵架上面，鐵架即是焗爐內原有的鐵架，排放後成鐵架放入焗爐裏面，放於最大火力層，底層放鐵盆一個，盆裏放些少清水，意思是防醃猪肉的汁水，滴落爐裏，燒濃會影響肉味，隨門門以最高火力將牠焗約十五分鐘至二十分鐘，帶有濃香為合，繼將取出，逐條掃上醃過猪肉的汁水，逐條反轉，同樣每條掃些少汁水，再放入爐裏，再焗十五分鐘，使全部香熟為好，如果未够時間便現出焦煨，可以將火力降慢些少。全部時間，約卅分至卅五分鐘，電爐、煤爐一樣做法。

ROASTED LEAN PORK WITH OYSTER SAUCE

Materials:

Lean pork (with some fat) — $1\frac{1}{2}$ kati, Garlics — 3,
Small onions — 3.

Preparation:

Clean and cut the lean pork into thick stripes. Scale and smash the garlics and the small onions.

Method of seasoning:

Put the lean pork stripes in a bowl, add in fine salt 2 teaspoons, Vesop 1 teaspoon, fine sugar 5 tablespoons, light soya sauce $\frac{1}{2}$ tablespoon, oyster sauce 1 tablespoon, black soya sauce 1 tabelspoon, sesame oil 2 teaspoons, some pepper powder, fresh water 3 tablespoons, cornflour 2 tablespoons, lastly add in the smash garlic and small onion and knead thoroughly. Season the lean pork stripes for 4 to 5 hours.

Method of roasting:

Switch on the roasting oven completely to heat thoroughly for 15 to 20 minutes. Place the well-seasoned lean pork stripes on an iron framework and put the whole framework with pork at the portion of the oven strongly heated to roast. Underneath the iron framework place a small basin containing some fresh water to receive seasoning sauce dripping from the lean pork stripes. Then shut the oven and roast the pork with strong heat for 15 to 20 minutes until delicious flavour is noted. Remove out and stain every stripes of lean pork with the seasoning sauce, then overturn and stain them with sauce again. Replace the whole iron framework into the oven to roast for another 15 to 20 mins. until delicious and cooked. The total essential roasting period is 30 to 35 minutes. If before essential time period the pork is over-burnt, then lower the temperature and prolong the time period.

Electric or gas oven will serve the same purpose.

雞粒煎螺粉

主要用料：

螺粉六兩，淨雞肉三兩，淨蝦肉三兩，拆好之蟹肉二兩，熟火腿半兩，生蔥三條，雞蛋六只。

製 法：

螺粉六兩，用清水浸約二十分鐘左右，撈起用篩一只盛去水份，再用適量滾水，滾約十分鐘以够熟爲好，滾好時撈起，用清水漂凍，然後撈起，盛去水份，用盆仔一只盛載，加放幼鹽二茶匙，撈勻，醃一息間，使其入味。雞肉和蝦肉洗淨後，將牠剝成細粒，熟火腿將牠切成幼粒，生蔥，去頭尾些少，洗淨切成細粒。

調製方法：

剝好的雞肉和蝦肉，全部加放在醃好的螺粉盤裏，再加放幼鹽一茶匙，蜂巢味素一茶匙，幼糖兩茶匙，生抽半湯羹，麻油一茶匙，胡椒粉些少，跟着將三只雞蛋打開，加放下去，然後用手撈勻，接着將切好的火腿粒，蔥粒，拆好的蟹肉，全部放下去，同時加放粟粉四湯羹，撈勻後最後放油兩湯羹，再撈勻候用。

蒸的方法：

首先準備豉油碟仔約二十六只，每只碟底先掃上些少油，然後將調好的螺粉，全部分放在碟仔裏，跟着排放在蒸籠裏，隔水蒸約十分鐘，左右，蒸好取出，等凍些少，將螺粉脫離碟仔，然後用大碟一只裝載。

煎的方法：

首先將剩餘的三只雞蛋打開，用筷子拂爛，然後將鑊洗淨燒熱，加放油些少，蕩勻鑊四周圍，將已蒸熟的螺粉，每件沾上些少雞蛋，放下鑊裡，慢火煎香兩面，每一次大約放六件至八件左右，全部煎好，用碟盛載即成。

FRIED CHICKEN PARTICLES WITH SHELL MACORONI

Materials:

Shell Macaroni — 6 tah.,	Prawn meat — 3 tah.,
Cooked ham — $\frac{1}{2}$ tah.,	Egg — 6,
Chicken meat — 3 tah.,	Crab-meat — 2 tah.,
Spring onion — 3 sprigs.,	

Preparation:

Soak the Shell Macaroni in fresh water for about 20 minutes and transfer it to a filter. Then boil it in suitable boiling water for about 10 mins. until it is cooked. After boiling, cool it in fresh water, dry it and put it in a dish. Add in fine salt 2 teaspoons, knead well and season it for a while.

Cut the chicken-meat, prawn-meat, and cooked ham into particles. Clean the spring onion and cut them into particles too.

Put the chicken-meat and prawn-meat particles in the dish contained seasoned shell macaroni, add in fine salt 1 teaspoon, Vesop 1 teaspoon, sugar 2 teaspoons, light soya sauce $\frac{1}{2}$ tablespoon, sesame oil 1 teaspoon, and some pepper. Break three-eggs, add in and knead evenly. Further add in the ham, spring onion, crab-meat, 4 tablespoons of cornflour and knead well. Finally add in 2 tablespoons of oil and knead again.

Method of steaming:

First rub each of the 26 small plates with oil and fill them with the well-mixed shell Macaroni. Later put all the plates of Shell Macaroni in the steamer and steam them over water for 10 minutes. After steaming remove and allow the plates to cool down. Then remove the Shell Macaroni pieces from the small plates into a big plate.

Method of frying:

Break the remaining three eggs and beat well for use. Clean and heat the pan and pour in some oil to stain the surrounding of the pan.

Stain each of the cooked Shell Macaroni pieces with egg fluid and put them in the pan to fry. Fry both sides of the Shell-Macaroni under slow flame and put in about 6 to 8 pieces at a time, after frying transfer them to a plate and serve.

西檸檬炸鴨脯

主要用料：

光鴨一只，未割時連毛計大約二斤半重左右，西檸檬一個，洋蔥頭一個，生菜一棵，蕃茄兩個，西芫茜些少，木瓜油半湯羹。

製作方法：

鴨一只，用刀將肉起出，然後分作四件，每一件再用刀切薄些少，並且用刀背槌鬆些少，使牠容易入味，槌好後用盤仔一只裝載，然後加放幼食鹽一茶匙，蜂巢味素些少，幼白糖半茶匙，蠔油半湯羹，清水三湯羹，跟着加放木瓜油半湯羹，然後用手一齊撈勻，最後再加放粟粉兩湯羹，再撈勻，醃大約五小時左右，使牠入透味。西檸檬，用刀切開四邊，跟着用手將汁揀出，用碗一只裝載，洋蔥頭，將牠外層衣撕去，然後再切成絲，生菜，洗淨後亦切成絲，作為鋪墊碟底用，蕃茄，將牠切片圍伴碟邊用，西芫茜洗淨亦係圍伴旁邊用。

獻汁之份量：

湯或清水十湯羹，大約八安士左右，轉用大碗一只裝載，然後加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖一湯羹，茄汁兩湯羹，A1 梳士半湯羹，喼汁半湯羹，麻油一茶匙。

獻粉之份量：

粟粉 $\frac{3}{4}$ 湯羹，另外用碗一只裝載，然後加放清水一湯羹，將牠攪勻候用。

炸與煮獻汁之方法：

首先將醃好的鴨肉，每一塊黏上適量的茨粉（茨粉即生粉，亦有叫做漿粉），全部黏好粉，跟着將用鑊一只洗淨燒熱，然後加放油約七飯碗左右，將油燒到滾，接着將黏好茨粉的鴨塊一件一件放在油鑊裡，將牠炸約六至七分鐘左右，以够脆熟為好，炸好將牠撈起，再用刀切成細件，排放在有生菜絲墊底及有蕃茄圍邊裡碟裝載，跟着再將用鑊洗淨燒熱，然後加放油約兩湯羹，接着將切好的洋蔥頭絲放在鑊裡，起鑊炒香，最後將調好的味汁及揀出來的檸檬汁，全部放在鑊裡，等羹到略略滾時，就將開好的獻粉攪勻，隨少放下埋獻，使牠再滾，然後將牠兜起，全部淋放上炸好的鴨脯面上即成。

FRIED DUCK-MEAT IN LEMON SAUCE

Materials:

One slaughtered duck (about 2½ kati with feather),	
Lemon — 1,	Small onion — 1,
Lettuce — 1 stalk,	Tomatoes — 2,
Parsley — few stalks,	Meat Tenderiser — ½ tablespoon.

Preparation:

Remove the meat from the duck and cut it into four pieces. Cut each piece thinner and beat it with knife-blade to soften it. Put the flour piece of duck-meat in a plate, add in fine salt 1 teaspoon, a little Vesop, fine sugar ½ teaspoon, oyster sauce ½ tablespoon, fresh water 3 tablespoons, meat tenderiser ½ tablespoon and knead well. Lastly add in 2 tablespoons of cornflour, knead again and season them for about 5 hours.

Cut the lemon into halves and press out the juice in a bowl. Scale and cut the small onion into shreds. Clean and cut the lettuce into shreds. Cut the tomatoes into slices. Clean the parsley for use.

Gravy Sauce:

Measure 10 tablespoons of stock or fresh water (about 8 ozs.) in a big bowl, add in fine salt 1 teaspoon, Vesop ½ teaspoon, fine sugar 1 tablespoon, tomato sauce 2 tablespoons. A1 sauce ½ tablespoon, Lea & Perrins Sauce ½ tablespoon, sesame oil 1 teaspoon and stir thoroughly into gravy sauce.

Gravy Powder:

Mix $\frac{3}{4}$ tablespoon of cornflour with 1 tablespoon of fresh water into gravy powder.

Method of frying duck and cooking gravy sauce:

Stick all the duck-meat with starch flour. Clean and heat the frying-pan, pour in about 7 rice-bowls of oil and boil it. Then put in the duck-meat to fry for 6 to 7 minutes until cooked and crisp and remove. Cut the crisp duck-meat into small pieces and place them in the plate garnished with lettuce and tomato.

Again clean and heat the frying-pan, pour in 2 tablespoons of oil and put in the onion shreds to fry deliciously. Then pour in the gravy sauce and lemon juice. When it slightly boils, gradually add in the well-stirred gravy powder. Stir during adding. When it boils again, scoop the delicious gravy sauce to water the well-fried crisp duck-meat and serve.

甫魚鮮蝦水餃

主要用料：

淨猪肉六兩，最好帶些少肥肉，淨蝦肉六兩，拆好的蟹肉二兩，白菜仔兩棵，蔥四條，菜心一斤，扁魚（即大地魚）一條約三兩重左右，雞蛋一只，做好的麵皮（即雲吞皮約四十張），上湯六飯碗，重量約六十安士。

製作方法：

淨猪肉用刀將牠剝成細粒，淨蝦肉，每隻將蝦背割開些少，洗淨後，再用刀將牠剝成粗粒。白菜，一塊塊將牠撕開，老的梗和葉，將牠改切去不要，然後用滾水適量，將牠灼熟，撈起用清水將牠漂凍，最後再用刀將牠切成粗粒並且略略揸去水份，生蔥將頭尾些少切去，洗淨後再切成細粒，菜心，每棵淨要嫩莖，洗淨候用。扁魚一條，將牠的肉撕出然後再用油將肉炸脆，炸好撈起等稍為凍些時再將牠研成幼粒。

調餡之方法：

首先將剝好的猪肉和蝦肉，轉用盤仔裝載，然後加放食鹽一茶匙半，味精一茶匙，幼白糖半茶匙，生抽兩茶匙，麻油一茶匙，胡椒粉些少，跟着用手將牠一齊搓勻，接着將切好的白菜粒和二兩蟹肉加放下去，而切好的蔥粒放一半下去，研好的扁魚放約一湯羹左右，跟着將雞蛋一只打開加放下去，再將牠搓勻，最後加放粟粉一湯羹半，再將牠搓勻即成餡。以上的份量大約包到四十件左右，即一塊皮包上一份餡，將牠包成好似一隻角仔的形狀。

灼熟之方法：

首先將用鑊洗淨，然後加放清水適量，將水燒到滾，然後將包好的水餃全部放入滾水處將牠焗約兩分半至三分鐘，以够熟為好，焗好將牠撈起，用窩兩隻或三隻分載，洗淨的菜薹用滾水油灼熟，將牠分放在窩底，而六飯碗上湯加放幼食鹽四茶匙，味精一茶匙，白糖一茶匙，生抽半湯羹，麻油一茶匙，胡椒粉些少，熟油半湯羹，跟着將牠燒滾，然後淋放在水餃面上，最後將剩餘之蔥粒，洒放在面上即成。

DELICIOUS FLAT-FISH DUMPLINGS

Materials:

Lean pork (with some fat) — 6 tah.,	Prawn-meat — 6 tah.,
Crab-meat — 2 tah.,	Small cabbage — 2 stalks,
Spring onions — 4 sprigs,	Chinese cabbage — 1 kati,
One flatfish (about 3 tah. in weight),	Egg — 1,
Well-prepared dumpling folder — 40 pieces,	
Stock — 6 rice-bowls (about 60 ozs.)	

Preparation:

Cut the lean pork into particles. Cut each of the scaled prawns a bit at the back portion and clean them. Then cut them into particles. Tear the leaves of the small cabbage, cut off the old and harsh portion. Boil the small cabbage in suitable quantity of boiling water and then transfer it to fresh water to cool. Cut the small cabbage into particles and squeeze off the excess water. Remove harsh stem and yellow leaves of the spring onions. Clean and cut the spring onions into particles. Select and clean the green leaves of the Chinese cabbage. Tear off the meat of the flatfish and fry it in boiling oil aromatically. Remove to cool and then cut the aromatic flatfish meat into small particles.

Preparation of stuffing:

Put the well-prepared lean pork and prawn-meat in a small basin, add in fine salt $1\frac{1}{2}$ teaspoon, Vesop 1 teaspoon, fine sugar $\frac{1}{2}$ teaspoon, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder and knead gently with hand. After that put in also the well-prepared small cabbage, crab-meat, half portion of the spring onion particles, flatfish-meat particles 1 tablespoon, an egg and knead again. Lastly add in $1\frac{1}{2}$ tablespoons of cornflour and knead thoroughly into stuffing. Divide the stuffing into 40 portions. Wrap one portion of stuffing with a piece of folder into dumpling.

Method of cooking:

Clean the frying-pan, pour in suitable quantity of water and boil it. Put in all the well-prepared dumplings to boil for $2\frac{1}{2}$ to 3 minutes until cooked. Then transfer them to two or three containers. Boil the well-prepared green-leaves of the Chinese cabbage which use to be placed in the containers.

With 6 rice-bowls of stock, fine salt 4 teaspoons, Vesop 1 teaspoon, sugar 1 teaspoon, light soya sauce $\frac{1}{2}$ tablespoon, sesame oil 1 a little pepper powder, cooked oil $\frac{1}{2}$ tablespoon and boil it. When it boils, water the dumplings with this delicious sauce. Sprinkle the remaining onion particles over the sauce.

酥炒白鴿鬆

用 料：

割好肥嫩乳鴿三只，每只未割時大約有五六兩重左右，淨猪肉六兩，鷄肝一個，拆好蟹肉二兩，冬菇三只，冬筍半兩，洋葱頭一個，紙包豆青豆約四湯羹，雞蛋一只，乾幼米粉些少，大約半兩重。

製 法：

乳鴿三只，洗淨之後，每只將肉起出，頭、腳、翼留起來作圍伴傍邊用。起出來的肉，用刀剝爛，淨猪肉，同樣剝爛，鷄肝，剝成小粒，冬菇，用水浸軟，去蒂，切成細粒，冬筍，切成細粒，將水份揸乾，洋葱頭，將外衣撕去，切成細粒。

調製法：

將白鴿肉及猪肉，轉用盆仔一只盛載，加放幼鹽一茶匙，蜂巢味素些少，幼糖半茶匙，生抽一茶匙，晒抽半茶匙，麻油半茶匙，胡椒粉些少，用手一齊搓勻，用力搓至起膠，起着將剝好的鷄肝同切好的冬菇，冬筍一齊放落去，蟹肉二兩，也同時放落去，雞蛋一只打開，攪爛，放一半落去，然後用手搓勻，最後加放粟粉一湯羹，再搓勻候用。

獻 汁：

湯或清水四湯羹，加放幼鹽半茶匙，蜂巢味素半茶匙，幼糖半茶匙，蠔油一茶匙，生抽一茶匙，晒抽半茶匙，麻油半茶匙，胡椒粉些少，最後加放粟粉大半湯羹，一齊攪勻。

炒的方法：

首先將改出來的白鴿頭、腳、翼，全部黏上些少茨粉，跟着將用鑊洗淨燒熱，加放油五飯碗，燒到滾，將頭、腳、翼，放下鑊炸一息間，撈起候用。幼米粉也放落油鑊炸至鬆脆，撈起，搥碎些少，用碟盛載，鑊裏的油，倒回油盆裏，大約剩下兩湯羹，然後，將搓好的白鴿肉放落鑊炒香，兜起用碟盛載，再將鑊洗淨燒熱，再加放油約一湯羹，跟着將切好的洋葱頭放落鑊炒香，接着將炒過的白鴿肉同四湯羹青豆，一齊放落鑊，然後燴上花彫酒兩茶匙，調好的獻汁攪勻放下，用鑊鏟兜勻，然後兜起，放在有炸好米粉的碟盛載，炸好的白鴿、頭、腳、翼，則圍伴傍邊即成。

FRIED SPONGY AND CRISP PIGEON MEAT

Materials:

Fat tender pigeons — 3 (about 5 to 6 tah. each),	
Lean pork — 6 tah.,	Large onion — 1,
Chicken liver — 1,	Green peas — 4 tablespoons,
Crab-meat — 2 tah.,	Egg — 1,
Mushrooms — 3,	Dry Vermicelli — ½ tah.
Bamboo shoots — ½ tah.,	

Preparation:

Clean the pigeons and remove the meat from it leaving the heads and limbs to garnish the dish.

Mince the pigeon-meat lean pork. Cut the chicken liver, mushrooms and bamboo shoot into small particles.

Scale the outer layers of the big onion and cut it into small particles.

Preparation of the dish:

Put the minced pigeon-meat and pork in a dish, add in fine salt 1 teaspoon, a little Vesop, fine sugar ½ teaspoon light soya sauce 1 teaspoon, black soya sauce ½ teaspoon, sesame oil ½ teaspoon, some pepper and knead until the mixture is sticky. Then add in the well-prepared chicken-liver, mushroom, bamboo shoot and crab-meat. Break the egg, beat it and pour in half of it and knead thoroughly. Finally add in 1 tablespoon of cornflour and knead well for use.

Gravy Sauce:

Using 4 tablespoons of stock or fresh water, add in fine salt ½ teaspoon, Vesop ½ teaspoon, fine sugar ½ teaspoon, oyster sauce 1 teaspoon, light soya sauce 1 teaspoon. Black soya sauce ½ teaspoon, sesame oil ½ teaspoon, some pepper, lastly add in ¾ tablespoon of cornflour and stir thoroughly.

Method of frying:

Coat the pigeon-heads and limbs with starch flour. Clean and heat the frying pan, pour in 5 rice-bowls of oil and boil it. Then put in the pigeon-heads and limbs to fry for a while and remove for use. Fry the vermicelli in the boiling oil until spongy and crisp. Then transfer to a plate and slightly smash the crisp vermicelli. Then pour back the oil to the container leaving 2 tablespoons of oil and put in the well-kneaded pigeon-meat to fry deliciously and transfer to a plate for use.

Again clean and heat the frying pan, pour in about 1 tablespoon of oil and then put in the big onion particles to fry deliciously. After that put in the well-fried pigeon-meat and green peas and add in 2 teaspoons of Chinese (Fa Teow) wine. Stir evenly the gravy sauce and pour in the pan. Repeat the stirring and transfer to the plate contained fried crisp vermicelli, garnish the plate with the well-fried pigeon-heads and limbs and serve.

荔蒲扣肉（又名芋頭扣肉）

用 料：

猪肉帶有皮的三層花肉一斤，芋頭刨淨計六兩，生菜半斤，南乳一湯羹，麵豉搓爛計約半湯羹，蒜頭三小粒。

製 法：

將花肉一片，將皮上的毛刮淨，投入滾水內，無約十五分鐘，撈起以瓦碟盛着，加放晒抽一湯羹，搽滿整件猪肉，繼使牠放入滾油裏，炸一息間，稱作走油，待皮呈出金黃色，撈起用清水漂凍，然後將牠切成一塊一塊，每塊約三分至三分半厚，用瓦盆裝着，芋頭，同樣切成一塊一塊，每塊約兩分厚，如猪肉一樣大，切好，用滾油略炸一息間，同猪肉一齊裝着，生菜，撕開洗淨，候用，蒜頭去衣拍爛，剝成細粒。

味 汁：

湯或清水六湯羹，用碗盛着，加放生抽一湯羹，晒抽一茶匙，粟粉半湯羹，蜂巢味素一茶匙，幼白糖半湯羹，麻油兩茶匙，胡椒粉少許，跟着將一湯羹南乳，同半湯羹麵豉，滲放下去一齊搓勻，便成味汁。

調製方法：

用鑊洗淨燒熱，放生油一湯羹，將琢好蒜頭放入鑊內炒香，再用調好的味汁攪勻投入鑊內，煮一息間，將牠兜起，淋在猪肉與芋頭間，待凍却些，一齊撈勻，便將一件一件排放在另一隻大碗裝着，等於一件猪肉夾着一件芋頭，如是者全部排放好，便成碗放落蒸籠內，隔水蒸約一小時四十五分至兩小時左右，以夠燉為合，蒸好取出放落另一隻瓦大碟裝載，將洗淨的生菜，用適量的滾水油灼熟，圍伴傍邊，或用作墊底，即成。

STEAMED PORK AND YAM SLICES IN SAUCE

Materials:

Pork (belly portion with skin and fat) — 1 kati,
Yam (scraped) — 6 tah., Lettuce — $\frac{1}{2}$ kati,
Salted soya bean curd (Red) — 1 tablespoon,
Salted soya beans (smashed) — $\frac{1}{2}$ tablespoon,
Garlics — 3.

Preparation:

Shave and clean the pork and put it in boiling water to boil for 15 minutes. Then transfer it to a plate, add to it 1 tablespoon of black soya sauce and rub it thoroughly. After that fry it in boiling oil for a while until the skin of the pork turns into golden brown. Then transfer it to fresh water and cut it into slices, each of $\frac{3}{8}$ inch thick, and put them in a dish. Cut also the yam into slices, each of $\frac{2}{8}$ inch thick and of the size as pork slice. Fry the yam slices in boiling oil for a while and transfer them to the dish containing pork slices. Tear and clean the lettuce for use. Scale and smash the garlics into particles.

Gravy Sauce:

Measure 6 tablespoons of stock or fresh water in a bowl, add in light soya sauce 1 tablespoon, black soya sauce 1 teaspoon, cornflour $\frac{1}{2}$ tablespoon, Vesop 1 teaspoon, fine sugar $\frac{1}{2}$ tablespoon, sesame oil 2 teaspoons, a little pepper powder, 1 tablespoon of salted soya bean curd (red), $\frac{1}{2}$ tablespoon of salted soya bean mash and stir thoroughly into gravy sauce.

Method of finalising the dish:

Clean and heat the frying-pan, pour in 1 tablespoon of oil, put in the garlic particles to fry aromatically. Stir well the gravy sauce and pour in to boil for a while. Scoop the sauce and water the pork and yam slices. When they are cool down a bit, knead them thoroughly. Then place them in a big bowl, with one pork slice overlapping one slice of yam. After that put the whole bowl in the steamer to steam over water for 1 hour 45 minutes to 2 hours until all are thoroughly cooked. Then transfer the slices to another big plate. Boil the well-prepared lettuce leaves in boiling oily water and place them around the dish.

焗貼明蝦

用 料：

大蝦連殼計一斤，厚身的肥豬十二兩，片形熟火腿約半兩，青瓜一條，蕃茄一個，雞蛋一只

製 法：

大蝦，每只將頭殼尾全部剝去，用刀將蝦背剖開些少，洗淨之後，每只再用刀背將蝦担扁些少，全部拍好，用碗一只裝載，然後加放幼鹽一茶匙，蜂巢味素些少，幼白糖半茶匙，胡椒粉些少，雞蛋一只，淨要雞蛋黃，跟着用手撈勻，最後加放粟粉一湯羹半，蛋璜粉（即吉士粉）一湯羹，撈勻，醃約十五分鐘左右，使其入味。肥豬肉，改切成長方形片，每片約有二寸長，寸三濶，一分厚，要有二十六件至三十件左右，為適合，全部改切好，用碗一只裝載，然後加放幼鹽一茶匙，幼白糖一湯羹半，茅苔酒半湯羹，用手一齊撈勻。醃約兩三小時，使其入味。熟火腿，切成小片。青瓜和，蕃茄，改花切片，圍伴碟邊，及墊碟底用。

黏釀的方法：

將剩餘的雞蛋白，加放粟粉一湯羹，麵粉一湯羹，然後一齊攪勻，滲放在已醃好的肥豬肉裏頭，一齊撈勻。跟着一片一片攤開，用平底鐵盤一個裝載。盤底先要洒放上些少茨粉，意思防牠黏連盤底艱難取出。接着就將醃好的蝦，一只一只放在肥豬肉上面，刀割那面，向上，將蝦放好，跟着每一只蝦上面，再放上熟火腿一片，即成。

煎炸方法：

將鑊洗淨燒熱，放下油些少，蕩勻鑊的四週圍，跟着將黏釀好的蝦，一只一只的排放落鑊裏，以上的份量，最好分兩次或三次煎炸。隨煎隨加放油些少，直至加放到浸過蝦面為適量。煎炸的時間，大約三分鐘左右，就够熟的了。全部煎好，排放在有青瓜、蕃茄圍邊的碟裝載，即成。

FRIED PRAWNS WITH HAM

Materials:

Big prawns (with shells) — 1 kati,	Fat pork — 12 tah.,
Cooked ham slices — $\frac{1}{2}$ tah.,	Cucumber — 1,
Tomato — 1,	Egg — 1.

Preparation:

Scale all the big prawns, cut them from their back and clean them. Flatten the prawns a bit with the knife blade and put them in a bowl, add in fine salt 1 teaspoon, a little Vesop, fine sugar $\frac{1}{2}$ teaspoon and some pepper. Abstract only the yolk of the egg and add in. Knead thoroughly. Lastly add in $1\frac{1}{2}$ tablespoons of cornflour and 1 tablespoon of Custard powder. Knead again and season the prawns for about 15 minutes.

Cut the fat pork in rectangular slices, each of 2" in length $1\frac{3}{8}$ " in width and $\frac{1}{8}$ " in thickness. Cut it into 26 to 30 slices, put them in a bowl and add in 1 teaspoon of fine salt and $1\frac{1}{2}$ tablespoons of fine sugar, 1 tablespoon of "Mau Tai" wine. Knead evenly and season the fat pork slices for 2 to 3 hours.

Cut the cooked ham into small slices, cucumber and tomato into designed slices for garnishment.

Method of overlapping prawn, ham and pork:

Stir evenly 1 tablespoon of cornflour, 1 tablespoon of wheat flour with the remaining egg-white and add this mixture to the seasoned pork. Knead well. Spread all the seasoned fat pork slices in a plain iron plate, the bottom of which must first be sprinkled with some starch flour to prevent sticking. Then place one seasoned prawn on a slice of fat pork. On top of the prawn place one slice of cooked ham.

Method of frying:

Clean and heat the frying-pan, pour in some oil to stain the inner surface of the pan. Then put in the well-prepared prawns one by one to fry. Fry the number of prawns in two or three times. Add in oil during frying to cover the prawns. Fry for about 3 minutes until cooked and transfer them to the plate garnished with cucumber and tomato slices to serve.

蟹汁葵花魚

用 料：

鱸魚一條約一斤重左右，拆好的蟹肉貳兩，大只的冬菇四只，片形的熟火腿十小片，生葱三條，青豆兩湯羹，雞蛋一只。

製 法：

先將鱸魚打鱗，然後開肚洗淨，再用刀將頭尾改出，跟着將兩邊魚肉起出，然後每邊再將牠切約十件，即兩邊共切二十件。全部切好轉用大碗一只盛載，然後加放食鹽一茶匙，蜂巢味素些少，白糖半茶匙，麻油半茶匙，胡椒粉些少，鷄蛋白一湯羹，粟粉一湯羹，然後用手將牠一齊拌勻，最後加放花生油半湯羹再拌勻，醃約十五分鐘，使其入味，魚頭魚尾等，同一齊放下同醃。

冬菇先用清水浸軟，然後去蒂，跟着每只再用刀切開四片，用碗一只盛載，生葱切去頭尾，然後用水洗淨，再將牠切成寸度候用。

味汁與獻粉份量：

湯或清水十湯羹，重量約八安士左右，轉用盅一只盛載，然後加放食鹽半茶匙，蜂巢味素半茶匙，白糖半茶匙，生抽一茶匙，麻油一茶匙，胡椒粉些少，一齊攪勻便成味汁。粟粉 $\frac{3}{4}$ 湯羹，另外用碗一只盛載，然後加放清水一湯羹攪勻，便成獻粉。

拚魚之方法：

首先將切好的冬菇用滾水灼熟，然後撈起候凍，跟着將用碟一只先搽上油些少，然後便將醃好的魚肉照魚樣打長排作三行，一行中，一件魚肉拚上一件冬菇，另一件魚肉拚上一片熟火腿，如是者，拚作一條魚形。頭尾照樣放好，成碟放落蒸籠裏，隔水蒸約十二分鐘左右便熟，蒸好取出，跟着將用鍋洗淨燒熱，然後加放油兩湯羹，跟着將調好的味汁和蒸出的原汁放下，等羹至略滾時，然後便將拆好的蟹肉和兩湯羹青豆，開好的獻粉攪勻放下，跟着用鐵壳推勻，使其再滾，然後便將剩餘的雞蛋，攪爛些少放下，再將牠推勻，然後兜起淋上蒸熟的鱸魚面上即成。

STEAMED POMFRET IN CRAB SAUCE

Materials:

One pomfret (about 1 kati in wt.),	Crab-meat — 2 tah.,
Spring onion — 3 stalks,	Mushrooms — 4,
Egg — 1,	Cooked ham — 10 small slices,
Green peas — 2 tablespoons.	

Preparation:

Scale the pomfret, remove the entrails and clean it. Chop off the head and the tail. Remove the two slices of meat with knife from the pomfret and cut each slice into 10 small pieces, so the total number is 20.

Put the pieces of fish-meat in a big bowl, add in salt 1 teaspoon, a little Vesop, sugar $\frac{1}{2}$ teaspoon, sesame oil $\frac{1}{2}$ teaspoon, some pepper, egg-white 1 tablespoon, corn-flour 1 tablespoon, and knead well. Lastly add in $\frac{1}{2}$ tablespoon of peanut-oil, knead again and season for about 15 minutes. (Put in to season also the fish head and the tail).

Soak and cut each of the mushrooms into 3 or 4 slices.

Clean and cut the spring onion into short lengths.

Gravy Sauce and Gravy Powder:

Using 10 tablespoons of stock or fresh water (about 8 ozs.) in a bowl, add in salt $\frac{1}{2}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, sugar $\frac{1}{2}$ teaspoon, light soya sauce 1 teaspoon, sesame oil 1 teaspoon, some pepper and stir thoroughly into gravy sauce. Put $\frac{3}{4}$ tablespoon of cornflour in a bowl, add in 1 tablespoon of water and stir well into gravy powder.

Method of overlapping the slices of fish:

Boil the well-prepared mushrooms and remove to allow them to cool. Stain the plate with oil and spread the seasoned fish-slices in the plate in 3 rows. One row of the fish slices place alternatively one slice of mushroom and one slice of cooked ham slices. After overlapping, place the fish head and the tail in the plate so that to have a fish form.

Then place the whole plate in the steamer to steam over water for about 12 minutes. After steaming remove.

Clean and heat the frying-pan and pour in 2 tablespoons of oil. Pour in the gravy sauce and the steamed stock. When it slightly boils, put in the crab-meat and 2 tablespoons of green peas and pour in the well-stirred gravy powder. Stir during adding. When it boils again, beat and pour in the remaining egg and stir well. Scoop and water the pomfret with this sauce and serve.

網油雞絲卷

用 料：

光雞一隻，連毛計約二斤半重左右，片形熟火腿半兩，嫩子姜刮淨計半兩，生葱六條，雞蛋一只，豬網油十式兩，青瓜一條，蕃茄一個。

製 法：

光雞一隻，用刀將肉起出，然後再將牠剝成粗絲，用碗一只盛着，然後加放幼鹽一茶匙，蜂巢味精半茶匙，幼白糖一茶匙，生抽一茶匙，蠔油兩茶匙，麻油一茶匙，花彫酒半湯羹，胡椒粉些少，清水一湯羹，粟粉一湯羹，然後用手一齊拌勻，最後再加放油一湯羹，再拌勻，醃牠十五分鐘左右，使其入味，火腿半兩，姜半兩，用刀將牠切成幼絲，用碗一只盛載，生葱六條去頭尾些少，洗淨後，同樣將牠切成幼絲候用。豬網油用清水將牠洗淨，將毛揀去，用篩一只盛載，青瓜和蕃茄將牠改花切片，圍伴碟邊用。

包捲之方法：

先將洗淨的網油用刀割成小塊，每塊約丁方四寸半至五寸左右潤大，約二十四塊為適合，醃好的雞絲與切好的火腿，姜絲，葱絲等，每樣同樣分作二十四份，然後每一塊網油包上一份雞絲，火腿絲，姜絲，葱絲，跟着將左右兩邊疊埋，然後由下慢慢捲上，約有三層度為適合，捲口處，塗上些少雞蛋（意思防牠在炸時會散開），如是者，全部包捲好，用碟一只盛載。

炸之方法：

先將包好的雞絲卷，每件黏上適量茨粉，跟着用鑊一只洗淨燒熱，然後加放油約六飯碗左右，將牠燒至滾，然後便將黏好粉的雞絲卷分次數放下鑊裏，將牠炸至脆熟，時間大約三分半至四分鐘左右，全部炸好，一件件排放在有青瓜，蕃茄圍邊之碟盛載，即成。

FRIED CRISP CHICKEN-STRIPS ROLLS

Materials:

One well-slaughtered chicken (about 2½ kati with feather),	
Cooked ham slices — ½ tah.,	Young ginger (scraped) — ½ tah.,
Spring onion — 6 stalks,	Egg — 1,
Cucumber — 1,	Pig's omentum — 12 tah.,
Tomato — 1.	

Preparation:

Remove all meat from the chicken and cut it into coarse strips. Put the chicken strips in a bowl, add in fine salt 1 teaspoon, Vesop ½ teaspoon, fine sugar 1 teaspoon, light soya sauce 1 teaspoon, oyster sauce 2 teaspoon, sesame oil 1 teaspoon, Chinese "Far Teow" wine ½ tablespoon, some pepper, fresh water 1 tablespoon, cornflour 1 tablespoon and knead well. Lastly add in 1 tablespoon of oil, knead thoroughly and season the chicken strips for 15 minutes.

Cut the cooked ham slices and ginger into strips and put them in a bowl. Clean and cut the spring onion also into strips for use.

Pick away the bristles from the Pig's omentum clean and place it in a sieve for use.

Cut the cucumber and the tomato into designs slices for garnishment.

Method of rolling:

Cut the Pig's omentum into about 24 small pieces. The size of it is 4½" x 5" wide. Divide the seasoned chicken-meat strips, cooked ham strips, ginger strips and spring onion strips into 24 portions. Place one portion of the mixture on one piece of Pig's omentum and roll it up about three folds. Paste the ends of the rolls with some chicken-egg to prevent the rolls from loosening during frying. Put all the well-prepared rolls in a plate.

Method of frying:

First coat the well-prepared chicken strips rolls with suitable amount of starch flour. Clean and heat the frying-pan, pour in about 6 rice-bowls of oil and boil it. Put in the chicken-strips rolls to fry for 3½ to 4 mins until crisp and cooked. After frying transfer the rolls to the plate garnished with cucumber and tomato.

奶 油 鮮 鮑 片

用 料：

罐頭鮮湯鮑一罐，黃芽白菜十二兩，淨豬肉三兩，生羌兩小片，花膠鮮奶三湯羹，雞蛋一只。

製作方法：

鮑魚一罐，每隻將牠切成小片，黃芽白菜，老葉和菜頭切去不要，其餘全部切成骨排形，切好洗淨，用篩一只盛載，淨豬肉，切成小片。

味汁與獻粉：

湯或清水兩飯碗半，重量大約二十五安士，轉用盆仔裝載，然後放幼鹽兩茶匙，蜂巢味素半茶匙，幼白糖半茶匙，麻油半茶匙，胡椒粉些少，一齊攪勻，就成為味汁。粟粉一湯羹半，另外用碗盛載，然後加放清水一湯羹，攪勻候用，雞蛋一只，只要蛋白，加清水一湯羹，攪勻候用。

調製方法：

首先將鑊洗淨燒熱，加放油大約五飯碗左右，待油燒滾，然後將黃芽白菜，分次數放落油鑊裏，炸一息間（即是走油），全部炸好，撈起，瀝去油份。將鑊裏的油倒起，大約剩回兩湯羹，然後將兩片生羌和豬肉等一齊放下鑊裏炒一息間，接着將調好的味汁，攪勻放下，而炸過的黃芽白菜，同時放下，慢火滾約二十分鐘左右，以夠焗為適合。煮好將菜撈起，盛去水份，鑊裏的汁水加放油一湯羹，跟着將切好的鮑魚，全部倒放落鑊裏，煮到略滾時，然後將開好的獻粉攪勻，隨少隨少放下，隨放隨用鐵壳推勻，跟着將三湯羹鮮奶加放落去，再推勻，最後將開好的蛋白水加放落去，再推勻，然後兜起用大碗一只盛載，鑊裏須剩下奶汁約半飯碗，然後將煮好的黃芽白菜放下，一齊兜勻，跟着兜起用碟一只裝載，最後將煮好的奶油鮑片，全部鋪放在白菜上面，即成。

ABALONE SLICES IN MILK SAUCE

Materials:

Canned abalone — 1 can, Tientsin cabbage — 12 tah.,
Lean pork — 3 tah., Ginger — 2 small slices,
Evaporated milk (Flower Brand) — 3 tablespoons,
Egg — 1.

Initial Preparation:

Cut the abalone into thin slices. Cut off the root-stems and the old leaves of the Tientsin cabbage which is then cut into lengths. After cutting, clean and put them in a sieve. Cut the lean pork into small slices.

Gravy Sauce and Gravy Powder:

Using $2\frac{1}{2}$ rice-bowls of stock or fresh water (about 25 ozs.) in a small basin, add in fine salt 2 teaspoons, Vesop $\frac{1}{2}$ teaspoon, fine sugar $\frac{1}{2}$ teaspoon, sesame oil $\frac{1}{2}$ teaspoon, some pepper and stir thoroughly into gravy sauce.

Put $1\frac{1}{2}$ tablespoons of cornflour in bowl, add in 1 tablespoon of fresh water and stir well for use.

Abstract only the egg-white of the egg in a bowl, add in 1 tablespoon of fresh water and stir well for use.

Preparation:

Clean and heat the frying-pan, pour in about 5 rice-bowls of oil and boil it. Put in the well-prepared Tientsin cabbage (at several times) to fry for a while. After frying remove them to drain off the excess oil.

Pour the oil back to the container, leaving only 2 tablespoons in the pan, put in the well-prepared ginger and lean pork to fry for a while. Then pour in the well-stirred gravy sauce. Meanwhile put in the slightly-fried Tientsin cabbage and boil for about 20 minutes over slow flame, until the cabbage is cooked and there is only one rice-bowl of sauce left. After boiling, remove the cabbage to drain off the water. Add in 1 tablespoon of oil to the sauce in the pan and put in the well-prepared abalone. When it slightly boils, stir well the gravy powder and gradually add in. Meanwhile add in 3 tablespoons of Evaporated milk. Stir evenly lastly add in the well-prepared egg-white fluid and stir again. Then transfer it to a big bowl, leaving $\frac{1}{2}$ rice-bowls of milk sauce in the pan. Put in the boiled Tientsin cabbage, stir thoroughly and transfer all foodstuff to a plate. Lastly display the well-cooked abalone slices on top of the Tientsin cabbage to serve.

架厘炒牛肉

用 料：

牛肉半斤用柳枚部位，洋葱頭一個，大青椒一只，紅辣椒兩只，蔥頭仔兩小粒，架厘粉半湯羹，罐頭生奶一湯羹半。

製 法：

牛肉打橫紋將牠切成小薄片，全部切好用碗一只裝載，然後加放梳打粉一茶匙，幼食鹽一茶匙，蜂巢味素些少，幼白糖一茶匙，生抽一茶匙，晒抽半茶匙，麻油半茶匙，胡椒粉些少，清水兩湯羹，粟粉一湯羹，跟着用手將牠撈勻，最後再加放花生油半湯羹，再撈勻，醃約半小時左右，使其入味。（加放梳打粉同牛肉一齊醃之用意在于使炒熟之牛肉煸滑些，不放亦可以。）

洋葱頭，將牠外層衣撕去，洗淨後再切成小塊。大青椒和紅辣椒，同樣將牠去蒂去核，然後再切成小塊。蔥頭仔，將牠去衣切成幼小片。

獻汁之份量：

湯或清水六湯羹，用碗一只裝載，然後加放幼食鹽 $\frac{3}{4}$ 茶匙，蜂巢味素半茶匙，幼白糖一茶匙，生抽兩茶匙，麻油一茶匙，胡椒粉些少，粟粉半湯羹，最後將半湯羹架厘粉加放下去，再將牠撈勻即成。

炒之方法：

首先將用鑊一只洗淨燒熱，然後加放油大約四飯碗左右，將油燒到略滾，然後便將醃好的牛肉全部一齊倒放鑊裏，跟着用鑊鏟將牠攪散，避免使牠黏一起，將牠炸一息間，時間大約半分鐘左右，颺後將牠撈起盛着，將油倒回油盤裏，大約剩餘兩湯羹左右，跟着將切好的蔥頭仔放入鑊裏炒香，接着便將切好的洋葱頭和大青椒、紅辣椒等，全部加放下去一齊同炒，而炸過的牛肉同時加放下去，跟着將調好的獻汁攪勻，倒下去，一齊攪勻，最後將一湯羹半生奶加放下去再將牠兜勻，然後兜起用碟一只裝載即成。

FRIED BEEF IN CURRY SAUCE

Materials:

Beef (sirloin) — $\frac{1}{2}$ kati,
Green chilli — 1,
Small onions — 2,
Canned milk — $1\frac{1}{2}$ tablespoons.

Big onion — 1,
Red chilli — 2,
Curry powder — $\frac{1}{2}$ tablespoon,

Preparation:

Cut the beef crosswise into thin slices. Put the slices in a bowl, add in bi-carbonate of soda powder 1 teaspoon, fine salt 1 teaspoon, a little Vesop, fine sugar 1 teaspoon, light soya sauce 1 teaspoon, black soya sauce $\frac{1}{2}$ teaspoon, sesame oil $\frac{1}{2}$ teaspoon, a little pepper powder, fresh water 2 tablespoons, cornflour 1 tablespoon and knead well. Lastly, add in $\frac{1}{2}$ tablespoon of peanut-oil, knead again and season the beef slices for about half an hour. (The intention of adding bi-carbonate of soda powder is to soften the beef slices and make them slimy, without adding there is no harm also.)

Scale the dry layers of the big onion, then clean and cut it into small pieces. Remove stems and seeds from the green chilli as well as red chilli. Cut the green chilli and red chilli also into small pieces. Scale the outer dry layers of the small onions and cut them into small pieces.

Gravy Sauce:

Measure about 6 tablespoons of stock or fresh water in a bowl, add in fine salt $\frac{2}{3}$ teaspoon, Vesop $\frac{1}{2}$ teaspoon, fine sugar 1 teaspoon, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, a little pepper powder, cornflour $\frac{1}{2}$ tablespoon, curry powder $\frac{1}{2}$ tablespoon and stir thoroughly into gravy sauce.

Method of frying:

Clean and heat the frying-pan, pour in about 4 rice-bowls of oil and boil it slightly. Put in the well-seasoned beef slices to fry. Disperse the slices to prevent them from sticking together. Fry them for about half a minute and remove. Pour back the oil to the container leaving about 2 tablespoons in the pan. Put in the well-prepared small onion to fry aromatically. Then add in the well-prepared big onion, green chilli and red chilli to fry. Meanwhile put in the slightly-fried beef slices to fry also. Stir well the gravy sauce and pour in. Lastly add in $1\frac{1}{2}$ tablespoons of canned milk. Stir thoroughly and transfer all to a plate to serve.

腿茸焗燒飽

用 料：

乾麵粉一斤篩淨，淨豬肉四兩，淨蝦肉四兩，冬菇四只，洋葱頭一個，叉燒三兩，青豆四湯羹，白淨豬油七湯羹，雞蛋兩只，熟火腿半兩。

製 法：

淨豬肉和淨蝦肉分開將牠剝成小粒，候用。叉燒將牠切成小薄片。冬菇先用清水將牠浸軟，然後去蒂，再將牠切成小粒。洋葱頭去衣將牠切成小塊，並且用些少油將牠炒香，吹凍候用。火腿切成幼粒。

調餡之方法與份量：

將剝好的豬肉和蝦肉冬菇等，用盤仔一只裝載，然後加放幼食鹽一茶匙，蜂巢味精半茶匙，幼白糖三茶匙，生抽兩茶匙，蠔油半湯羹，晒抽一茶匙，麻油一茶匙，胡椒粉些少，油一湯羹，跟着用手將牠搓勻。接着便將切好的叉燒和火腿，炒好的洋葱頭，四湯羹青豆一齊放下去，再將牠搓勻。最後再加放粟粉兩湯羹，再搓勻便成為餡，將牠分作三十二份候用。

造皮之方法與份量：

油酥的份量：先將麵粉秤準五兩，放在檯上撥成鳥窩型，然後加放豬油五湯羹在中間，跟着用手將牠搓勻，然後分作三十二粒候用。

水油皮之份量：

秤準七兩麵粉放在檯上，同樣撥成鳥窩型，跟着便加放幼白糖四湯羹，清水七湯羹，豬油兩湯羹，全部放在中間，然後將牠搓勻，同樣分作三十二粒候用。

將水油皮用手擦扁些少，然後將油酥一粒，放在中間將牠包成圓形，跟着再用小木棍將牠研成長形，然後用手捲成筒樣，再打橫疊埋，然後用手擦扁些少，再用木棍研成圓形。跟着便包上已經調好之餡一份，將牠摺成有摺口飽樣，底放上四方形肉食紙一張，如是者全部包好，用鐵盤一只裝載。跟着將雞蛋兩隻打開攪爛，用掃搽勻每一飽面上及四週圍，搽好成盤放入焗爐裏，用中度火力將牠焗約二十五分鐘左右便熟（但焗爐必須要提前燒熱），如焗時未到時間便現出焦燻的話，這樣可將焗爐火制門慢些少，直至夠時間為好。

BAKING HAM BUNS

Materials:

1 kati of dry, filtered wheat flour,	Pork — 4 tah.,	Egg — 2,
Roasted lean pork — 3 tah.,	Prawn-meat — 4 tah.,	
Green peas — 4 tablespoons,	Mushrooms — 4,	Big onion — 1,
White clean lard — 7 tablespoons,	Cooked ham — $\frac{1}{2}$ tah.	

Preparation:

Mince the pork and prawn-meat into small particles separately for use. Cut the roasted lean pork into thin slices. Soak the mushrooms in fresh water and cut them into small particles. Scale and cut the big onion into small pieces. Use some oil to fry the onion pieces deliciously and allow to cool for later use. Cut the cooked ham into small particles.

Method of and the ingredients for making stuffing of the buns:

Put the pork, prawn-meat and mushroom particles in a plate, and add in 1 teaspoon of salt, $\frac{1}{2}$ teaspoon Vesop, 3 teaspoons of sugar, 2 teaspoon of light soya sauce, $\frac{1}{2}$ tablespoon oyster sauce, 1 teaspoon black soya sauce, 1 teaspoon sesame oil and some pepper and 1 tablespoon of oil, knead well with hand. And then add in the roasted lean pork slices, cooked ham particles, well-fried onion pieces and green peas. Knead again thoroughly. Lastly add in 2 tablespoons cornflour and knead all into stuffing. Separate it into 32 rounds for use.

Method of and the ingredients for making crisp bun-folder:

First pile 5 tahs. of wheat-flour on the table in the form of a bird's nest and pour in 5 tablespoons of lard in the hollow space. Knead it thoroughly and separate it into 32 rounds for use.

Method of and the ingredients for making ordinary bun-folder:

Pile 7 tahs. of wheat-flour on the table in the form of a bird's nest, put in 4 tablespoons of sugar in the hollow space and add in 7 tablespoons of water and 2 tablespoons of lard. Knead all evenly into a dough and separate it into 32 rounds for use.

Method of folding and baking buns:

Take a round of ordinary bun-folder and flatten it. Then put in a round of crisp bun-folder on top of it, and fold it up. Roll it lengthwise with a small wooden roller and make it into a cylindrical form with hands. Press the cylindrical form of folder crosswise and flatten a bit and roll it again into a round shape. Put a round of stuffing at the centre of the piece, fold it up in such a way that certain waves of folding appear on the surface to beautify the bun. Put the well-done bun on a piece of square paper. Place all the well-prepared buns in a steel plate. Break 2 eggs and stir into fluid. Use this egg-fluid to rub the surfaces of the buns. Put the whole plate into an oven and use moderate temperature to bake for about 25 minutes. (Note that before baking, the oven must be heated.) In case, before the necessary baking time, there is burning smell noted, then lower the temperature and allow it to bake for enough time.

瑤柱雞粒燉瓜丁

用 料：

乾瑤柱約半兩，淨雞肉四兩，冬瓜連皮計十二兩，冬菇四只，胡蘿蔔刨淨計約一兩，馬蹄三粒，紙包裝青豆約三湯羹，拆好的蟹肉二兩。

製 法：

瑤柱，洗淨後再用清水約半飯碗浸一息間，使牠容易出味，冬瓜，將牠的皮削去，瓜瓢掘淨，然後用刀切成細粒，淨雞肉，用刀剝成細粒，冬菇，用清水將牠浸軟，然後去蒂，再將牠切成細粒，胡蘿蔔，同樣將牠切成細粒，馬蹄，去皮洗淨後，切成小片。

調製方法：

首先將用鑊一只洗淨，然後加放清水約五飯碗，將水燒到滾後，跟着將切好的冬瓜和胡蘿蔔，冬菇一齊放在鑊處，全部滾一息間，然後撈起用大盅一只裝載，而切好的雞粒，另放加粟粉半湯羹，將牠撈勻，同樣用滾水滾一息間，然後撈起，和瓜粒等一齊裝載，切好的馬蹄，及浸透的瑤柱，連水一齊加放下去，接着加放幼食鹽三茶匙，蜂巢味素一茶匙，最後加放清水三飯碗，大約三十安士重，攪勻後，整盆放在蒸籠處，隔水將牠燉約一小時左右，以够煨為好，拆好的蟹肉二兩，青豆三湯羹，在燉到差不多够煨時一齊加放下同燉，即成。

SOUP WITH MELON, SHELLFISH-MEAT AND CHICKEN-MEAT PARTICLES

Materials:

Dried shellfish-meat — $\frac{1}{2}$ tah.,	Chicken-meat — 4 tah.,
Melon — 12 tah.,	Mushrooms — 4,
Carrot (scraped) — 1 tah.,	Water chestnuts — 3,
Green peas — 3 tablespoons,	Crab-meat — 2 tah.

Initial Preparation:

Clean the dried shellfish-meat and soak it in $\frac{1}{2}$ rice-bowl of fresh water. Shave the harsh skin of the melon and cut the melon into particles. Cut the chicken-meat also into particles. Soak the mushrooms, remove harsh stems from them and cut them into particles. Cut the carrot also into particles. Shave and cut the water chestnuts into slices.

Preparation:

Clean the frying-pan, pour in about 5 rice-bowls of fresh water and boil it. Put in the well-prepared melon, carrot and mushroom to boil for a while. Then remove and transfer the slightly boiled melon, carrot mushroom to a big container. Knead well the well-prepared chicken-meat particles with $\frac{1}{2}$ tablespoon of cornflour and boil it also in boiling water for a while. Then remove and transfer it to mix with the melon, particles together with the carrot and mushroom. After that put in also the well-prepared water-chestnut and shellfish-meat together with water. Add in fine salt 3 tea-spoons, Vesop 1 teaspoon, fresh water 3 rice-bowls (about 30 ozs.) and stir thoroughly. Then place the whole container in the steamer to steam over water for about one hour until cooked. When all the foodstuff are nearly cooked, add in crab-meat and green peas to steam until cooked.

禮查燴飯

主要用料：

煮熟之白飯四飯碗平滿，重量約一磅半，淨雞肉二兩，淨蝦仔肉二兩，拆好之蟹肉二兩，毛菇一兩，紙包裝之青豆兩湯羹，大蕃茄一個，雞蛋四只，鮮奶兩湯羹。

製作之方法：

淨雞肉用刀將牠剝成粗粒，蝦仔肉用清水洗淨盛去水份，毛菇將牠切成細粒，蕃茄先用滾水灼一息間，然後撈起用清水將牠漂凍，跟着將皮撕去，開邊去核洗淨，再用刀將牠切成小粒。

味汁和獻粉之份量：

湯或清水一飯碗，加放幼食鹽一茶匙，蜂巢味素半茶匙，幼白糖兩茶匙，生抽兩茶匙，麻油一茶匙，茄汁兩湯羹，胡椒粉些少，一齊撈勻即成味汁。

粟粉一湯羹半，另外用碗裝載，加放清水兩湯羹，將牠攪勻即成獻粉。

燴的方法：

白飯四飯碗加放幼食鹽一茶匙半，蜂巢味素些少，雞蛋先將三只打開攪爛些少，跟着將用鑊洗淨燒熱，然後加放油大約四湯羹，跟着將攪爛的雞蛋全部倒放在鑊裏，將蛋炒熟，接着將調好味的白飯全部倒放在鑊裏，跟着用鑊鏟不停將牠兜勻，將牠炒到够香够熟，然後將牠兜起用碟裝載，跟着再將用鑊洗淨燒熱，然後再加放油約兩湯羹，接着將切好的雞粒和蝦仔肉全部倒放在鑊裏炒香，跟着將調好的味汁攪勻倒放在鑊處，而切好的毛菇和蕃茄粒，蟹肉二兩，青豆兩湯羹同時加放下去，等煮到略略滾，就將開好的獻粉攪勻，隨少隨少加放下，隨放隨用鐵鏟推勻，最後將兩湯羹鮮奶加放下去，再將牠推勻，然後將牠兜起全部淋放上炒好的飯面上，剩餘的一只雞蛋，將牠打開放在面上中間即成。

DELICIOUSLY FRIED RICE

Materials:

Cooked rice — 4 rice-bowls (about 1½ lbs.),	
Chicken-meat — 2 tah.,	Fresh milk — 2 tablespoons.
Crab-meat — 2 tah.,	Prawn-meat (small) — 2 tah.,
Green peas — 2 tablespoons,	Button-mushrooms — 1 tah.,
Tomato — 1,	Eggs — 4.

Preparation:

Cut the chicken-meat into particles. Clean the prawn-meat with fresh water and then allow it to drip off the excess water. Cut the button mushrooms into small particles. Boil the tomato in boiling water for a while and transfer it to fresh water to cool. Tear off the skin from it and cut it into particles.

Gravy Sauce and Gravy Powder:

With one rice-bowl of stock or fresh water in a bowl, add in fine salt 1 teaspoon, Vesop ½ teaspoon, fine sugar 2 teaspoons, light soya sauce 2 teaspoons, sesame oil 1 teaspoon, tomato sauce 2 tablespoons, a little pepper powder and stir thoroughly into gravy sauce.

Mix 1½ tablespoons of cornflour with 2 tablespoons of fresh water in a bowl into gravy powder.

Method of frying:

Add fine salt 1½ teaspoons, and a little Vesop to the cooked rice and mix them thoroughly. Break and beat the three eggs in a bowl.

Clean and heat the frying-pan, pour in about 4 tablespoons of oil. Pour in the beaten egg fluid to fry. Then put in the well-prepared cooked rice. Stir with scoop continuously until cooked and delicious. Then transfer it to a plate. Again clean and heat the frying-pan, pour in about 2 tablespoons of oil and put in the well-prepared chicken-meat and prawn-meat to fry deliciously. Then pour in the well-stirred gravy sauce and put in the well-prepared button mushroom, tomato particles crab-meat and green peas. When it slightly boils, gradually add in the gravy powder. Stir during adding. Lastly add in 2 tablespoons of fresh milk. Stir again and scoop it to water the well-fried rice. Break the remaining egg at the centre of the dish to serve.

鮮奶合桃露

用 料：

合桃去殼淨肉計四兩，包裝乾粘米粉六湯羹（或用粟粉代替），白糖五兩，罐頭鮮奶三湯羹。

製 法：

合桃肉四兩，用滾水約五飯碗，加放梘水半湯羹，將牠滾約四、五分鐘左右，然後撈起用清水將牠漂凍，並且用擦將衣殼擦去，接着再用滾水適量，將牠滾約兩分鐘左右，然後撈起盛去水份，最後用滾油適量將牠炸脆，待凍後，再用石椿陷全部將牠搗爛（或用磨碎機磨爛。）粘米粉六湯羹，加放清水五湯羹，將牠攪勻候用。

煮的方法：

首先將用鑊或煲洗淨，然後加放清水三飯碗，重量即三十安士，燒滾後，跟着便將白糖五兩，和搗好之合桃漿全部加放鑊裏一齊攪勻，接着便將開好之粘米粉隨少放下推勻，最後便將三湯羹鮮奶滲放下去，再一齊推勻，然後兜起用了瓦窩裝載，即成。

WALNUTS MILK

Materials:

Walnuts (scaled) — 4 tah.,
Sugar — 5 tah.,
Rice-flour (Packet form) — 6 tablespoons, or Cornflour,
Canned fresh milk — 3 tablespoons.

Preparation:

Boil about 5 rice-bowls of water and add in $\frac{1}{2}$ tablespoon of alkaline crystals solution. Put in the walnuts to boil for 4 to 5 minutes. Then transfer the walnuts to fresh water and rub off all the seed-coats. Again boil the walnuts for 2 minutes and remove to drip off the water. Then fry the walnuts in suitable of boiling oil until crisp and remove to allow the walnuts to cool. Pound the walnuts for use.

Mix 6 tablespoons of rice-flour with 5 tablespoons of fresh water for use.

Method of boiling:

Clean the container (or pot), pour in 3 rice-bowls of fresh water (abt. 30 ozs.) and boil it. Add in sugar 5 tah. and all the well-pounded walnuts and stir thoroughly. Gradually add in the rice-flour and stir gently. Lastly add in the 3 tablespoons of fresh milk and stir again. Then transfer all to an earthen-ware container to serve.

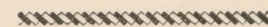


無數的家庭主婦及先生們，正聚精會神地傾聽烹調的教導。
(此圖攝於理想家庭展覽會中)

Photo shows a crowd of housewives and gentlemen attending attentively a lesson on cookery. (This Photo was taken at the Ideal Home Exhibition.)

中外量制比較表

一 兩	=	1 又 $\frac{1}{3}$ 安士
一兩半	=	2 安士
三 兩	=	4 安士
六 兩	=	8 安士
半 斤	=	10 又 $\frac{2}{3}$ 安士
一 斤	=	21 又 $\frac{1}{3}$ 安士
水一飯碗(重量約七兩半)	=	10 安士
水十羹湯(重量約六兩)	=	8 安士



Equivalents of Weight

1 Tah	=	1 $\frac{1}{3}$ oz.
1 $\frac{1}{2}$ Tahs	=	2 oz.
3 Tahs	=	4 oz.
6 Tahs	=	8 oz.
$\frac{1}{2}$ Kati	=	10 $\frac{2}{3}$ oz.
1 Kati	=	21 $\frac{1}{3}$ oz.
1 Rice bowl water (about 7 $\frac{1}{2}$ tahs)	=	10 oz.
10 Tbsp. water (about 6 tahs)	=	8 oz.